

**Faculty Development Program**  
*On*  
**Understanding Mental Health**

*Organised by,*

**Psychological Counselling Cell, RPMC, IQAC, RPMC**

*In collaboration with*

**Mon Foundation, Kolkata**

DATE- 13<sup>th</sup> June – 20<sup>th</sup> June, 2022 (7 days Programme)  
VENUE- Centenary Auditorium, Raja Peary Mohan College  
DURATION- 11 am to 4 pm (35 hours)

***Convenors:***

Dr. Anindita Mandal Majee  
*Associate Professor*  
*Department of Physiology*

Prof. Jyoti Das  
*Assistant Professor*  
*Department of Zoology*



**A BRIEF REPORT**  
**FACULTY DEVELOPMENT PROGRAMME**  
**TITLE- UNDERSTANDING MENTAL HEALTH**

**ORGANIZER-** Psychological Counselling Cell,Raja Peary Mohan College  
**COLLABORATOR-** Mon Foundation, Kolkata and IQAC,Raja Peary Mohan College  
**DATE-** 13<sup>th</sup> June – 20<sup>th</sup> June,2022 (7days Programme)  
**VENUE-** Centenary Auditorium, Raja Peary Mohan College  
**DURATION-** 11am to 4pm (35 hours)  
**REGISTRATION FEES-** Rs 1000/  
**NO. OF FACULTIES PARTICIPATED-** 55  
**PRESIDENT-** Principal, Dr.Sudip Kumar Chakraborty  
**CONVENORS-** Dr. Anindita Mandal(Majee) and Prof.Jyoti Das  
**IQAC COORDINATOR-** Dr. Sanjukta Bhattacharyya  
**MON FOUNDATION-** Mr. Mohit Ranadip, Secretary, Mon Foundation

**MEMBERS OF PSYCHOLOGICAL COUNSELLING CELL-**

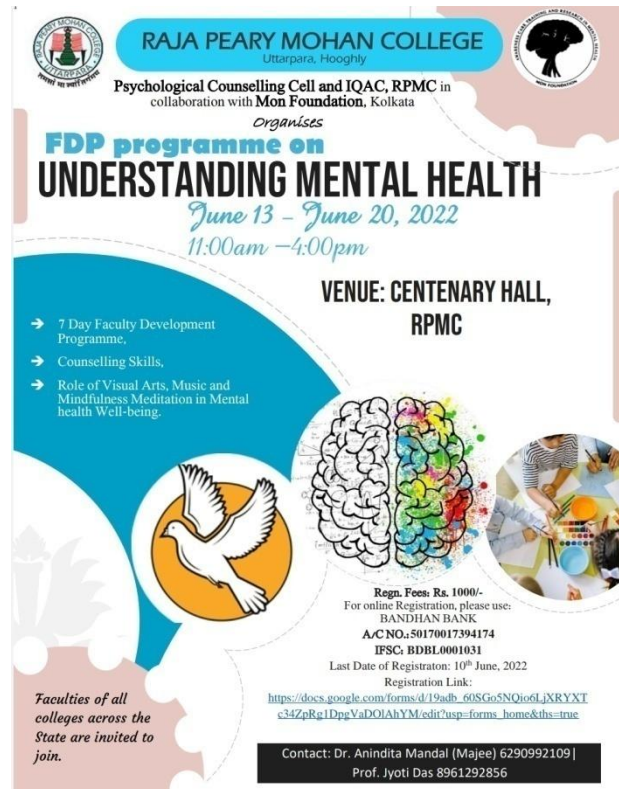
- 1.Dr.Hrishita Gupta Bakshi
- 2.Dr.SudhinBera
- 3.Dr.RajrupaMitra
- 4.Prof. Sandipan Sarkar
5. Dr.Swagata Pal
- 6.Prof. Animesh Das
- 7.Prof. Amrita Sengupta
- 8.Prof. Anindita Banerjee
- 9.Prof. Smita Paul
- 10.Dr.SanjuktaBhatterjee (IQAC Coordinator)
- 11.Dr.KrishnankaSekharGayen(Assistant IQAC Coordinator)

**ORGANISING COMMITTEE OF FDP**

- 1.Dr. Anindita Mandal (Majee)
- 2.Dr.SudhinBera
- 3.Dr. Maitri Bose
- 4.Dr.Hrishita Gupta Bakshi
5. Dr. Sarmistha Nath
- 6.Dr.RajrupaMitra
7. Aradhana Chaudhury
8. Prof. Jyoti Das
- 9.Prof. Animesh Das
10. Prof. Satadru Ghosh
11. Prof. Arup Malik
- 12.Prof. Amrita Sengupta

- 13.Prof. Anindita Banerjee**
- 14.Prof. Smita Paul**
- 15. Smt. Poly Roy**

## FLYER AND BANNER USED IN FACULTY DEVELOPMENT PROGRAMME



**RAJA PEARY MOHAN COLLEGE**  
Uttarpara, Hooghly

Psychological Counselling Cell and IQAC, RPMC in  
collaboration with **Mon Foundation**, Kolkata

*Organises*  
**FDP programme on  
UNDERSTANDING MENTAL HEALTH**  
June 13 – June 20, 2022  
11:00am – 4:00pm

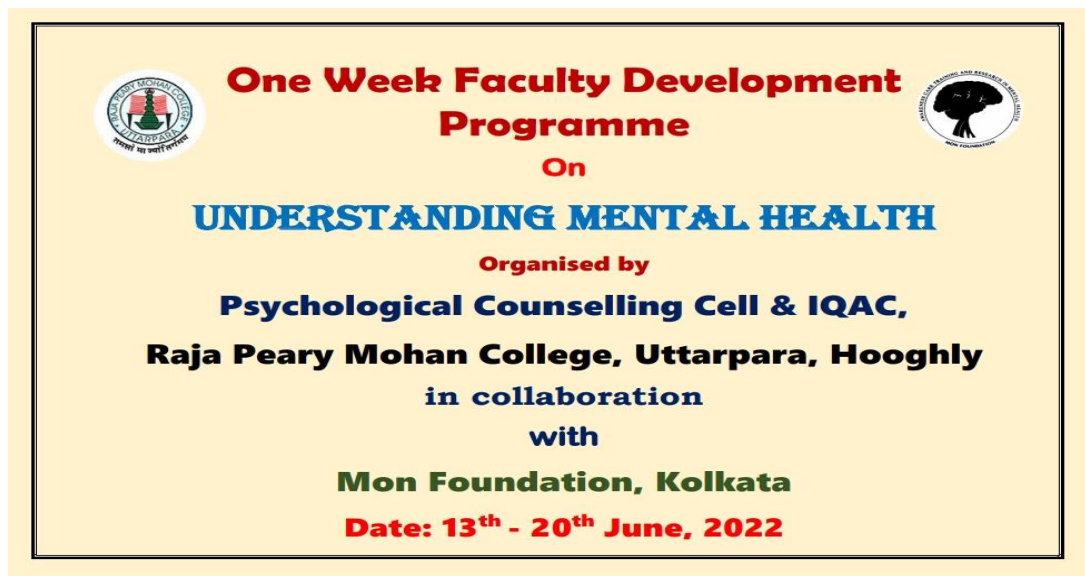
**VENUE: CENTENARY HALL,  
RPMC**

- 7 Day Faculty Development Programme,
- Counselling Skills,
- Role of Visual Arts, Music and Mindfulness Meditation in Mental health Well-being.

*Faculties of all colleges across the State are invited to join.*

Regn. Fees. Rs. 1000/-  
For online Registration, please use:  
BANDHAN BANK  
A/C NO. 50170017394174  
IFSC: BDBL0001031  
Last Date of Registration: 10<sup>th</sup> June, 2022  
Registration Link:  
[https://docs.google.com/forms/d/19adh\\_60SGo5NQio6lJXRYXTc34pRgIDpgVaDOjAhYMzQir?usp=forms\\_home&ts=true](https://docs.google.com/forms/d/19adh_60SGo5NQio6lJXRYXTc34pRgIDpgVaDOjAhYMzQir?usp=forms_home&ts=true)

Contact: Dr. Anindita Mandal (Majee) 6290992109 |  
Prof. Jyoti Das 8961292856



**One Week Faculty Development  
Programme**  
On  
**UNDERSTANDING MENTAL HEALTH**  
Organised by  
**Psychological Counselling Cell & IQAC,  
Raja Peary Mohan College, Uttarpara, Hooghly**  
in collaboration  
with  
**Mon Foundation, Kolkata**  
**Date: 13<sup>th</sup> - 20<sup>th</sup> June, 2022**

## PROGRAMME AT A GLANCE

**PROGRAMME SCHEDULE FOR FDP on "UNDERSTANDING MENTAL HEALTH"  
ON 13<sup>TH</sup> JUNE 2022 TO 20<sup>TH</sup> JUNE 2022**

**ORGANISED BY - PSYCHOLOGICAL COUNSELLING CELL, RPM COLLEGE IN  
COLLABORATION WITH "MON FOUNDATION"**

Date	Time	Name of the Resource persons	Topic	Session
13.06.22 Monday	11am	Inauguration by Principal & Secretary Mon Foundation		11-11:30am
	11:30-12:30pm	Anindita Mukherjee	Basic components of Psychology Mental health	I
	1-4pm	Mohit Ranadip	Problem of college student -our role	2
14-06-22 Tuesday	11am -4pm (1-1:30 break)	Mr.Mohit Ranadip Swati Mitra	Counselling Skills Life Skills & Well being	Workshop mode
15-06-22 Wednesday	11am-12:30pm	Dr Anupam Das	History of Psychotherapy	Session-I
	1:00-3:00Pm	Doyel Ghosh	Different types of Psychotherapy	Session-II
16-06-22 Thursday	11am-4pm	Mr. Mohit Ranadip	Stress Management	Activity Based
17-06-22 Friday	11am-4pm (1-1:30 break)	Dr Ranjita Biswas	Understanding Gender and Sexuality	With Sappho for equality
		Koyel Ghosh		
		Shreosi Ray		
18-06-22 Saturday	11am -12noon	Prof Jyoti Das	Mental illness, family, Neighbourhood	Session-I
	12-1pm	Dr Amitabha Sengupta		Session-II
	1:30-3:30pm	Sayanti Ghosh		Session-III
20-06-22 Monday	11am-12 noon	Mr. Goutam Chaudhuri	Visual Art Music	Session-I
	12-1:30pm	Mr. Nilangshuk Dutta	Therapy	Session-II
	2-3pm	Dr Anupam Das	Mindfulness	Session-III
	3pm-4pm	Principal & IQAC Coordinator	Valedictory Session	VOTE OF THANKS

## Expenditure of FDP(13<sup>TH</sup> TO 20<sup>TH</sup> June,2022)

**FDP PROGRAMME**  
**ORGANISED BY RPM COLLEGE IN COLLABORATION WITH PSYCHOLOGICAL COUNSELLING CELL, IQAC**  
**& MON FOUNDATION, KOLKATA**  
 13.6.22 - 20.6.22

SL NO	BILL NO.	Date	PAY FOR	AMOUNT RS/-
1	1	13.6.22-20.6.22	REMUNERATION FOR RESOURCE PERSON	3000X15 = 45,000.00 (@3000 PER RESOURCE PERSON)
2	2,3,4	6.6.22 10.6.22	FILE, FOLDER, PAD, PEN FOR PARTICIPANTS & RESOURCE PERSON	1884.00
3	5	11.06.22	COURSE CERTIFICATE PRINT	560.00
4	6	7.6.22	BANNER PRINT	580.00
5	7a.+7b	11.6.22 12.6.22	FLYER PRINT +WHITE BOARD MARKER(2PCS)	150.00
6	8	20.6.22	MICROPHONE, LIGHT etc.	2000.00 [deduction Rs600/]
7	9,10	20.6.22	MINERAL WATER (20Lt. JAR) + MINERAL WATER (500ML BOTTLE)	200.00 + 140.00 =340.00
8	11	13.6.22	GLASS + CUP	270.00
9	12	13.6.22	BISCUIT	240.00
10	13,14	12.6.22 &13.6.22	TREE+ FLOWER STICK	540.00 (320+220)
11	15	16.6.22	COLD DRINKS + MINERAL WATER	600.00+100.00 =700.00
12	16	18.6.22	SWEETS & CURD	83.00
13	17a, 17b,17c & 18	20.6.22	(TIFFIN FOR PARTICIPANTS + TEA) + FOOD PACKET FOR RESOURCE PERSON	(7043+1835+2170+5450)- 548[deduction amount] =16,000.00
14	19	31.5.22	BILL BOOK PRINT	350.00
15	20	22.6.22	COLOUR PHOTO PRINTING &XEROX	750+575=1325 /
<b>TOTAL</b> -----				<b>RS- 70,022/-</b>

NO OF REGISTERD PARTICIPANTS - 55 REGISTRATION CHARGE - RS 1000/- COLLEGE CONTRIBUTION - RS - 15000/-
<b>TOTAL CASH RECEIPT - RS- 70,000.00</b>

Conveynor

principal

## **ROLE OF PSYCHOLOGICAL COUNSELLING CELL OF RAJA PEARY MOHAN COLLEGE**

Mental Health hasn't received the same level of attention as physical health. Many people still do not know how mental health relates to them. Mental Health refers to the psychological, emotional and social wellbeing of an individual. The state of our mental health determines how we think, feel, act and interact with others. Like physical health mental health of students is important at all stages of life from childhood and adolescence through adulthood and aging.

A good mental health for students does not just mean freedom from mental illness. It includes the ability to function to the best of their abilities and interact with others in a meaningful way.

Mental health awareness will also allow us to detect sign and symptoms of unsolved issues. We teachers are mentor, our role is to identify the problems of students and help them to solve their problems so that they can take us into confidence and both of us build a faithful relationship.

In our institution a Psychological Counselling Cell for students, faculties and staffs has been established where students can avail counselling facilities free of cost from a reputed counselor once in a week. The cell also organizes seminars and workshops on various topics on mental health, stress management etc. Very recently the cell has organized a Faculty Development Programme for teachers so that they can understand the problems of the students and help them to solve their problems. Moreover, teachers of different departments of our college constantly monitor the problems of students and work in association with this cell to resolve those issues.

**DAY1- 13.6.2022**

**SESSION 1- INAUGURATION PROGRAMME**

**Introductory Speech- Dr. Anindita Mandal(Majee)**

The inaugural programme addressed the need for maintenance of mental health of both the students and the teachers, especially in post-Covid situation. Principal Sir, in his inaugural speech, pointed out that today we teachers, are far from the old age dictum ‘Spare the rod, spoil the child’. Moreover, the pandemic has wrought a negative impact on youth- social distancing has caused helplessness and aggravated the tendency of suicide. Therefore, youth are in a perilous state and need psychological counselling. The secretary of teachers’ council emphasized the utility of having emotional bond with fellow students and how it can improve relationship between men. The joint coordinator of IAQC also highlighted the necessity of maintaining a cordial and friendly relationship with students. The conveners of Psychological Counseling Cell informed about the activities of the cell and explained the objectives of a Faculty Development Programme. The secretary of the collaborating organization, Mr. Mohit Ranadip, gave a small but very enlightened speech.



**Session-I**

**Topic- Basic Components of Psychology**

**Speaker- Mrs. Anindita Mukherjee**

The first speaker of day one was Mrs Anindita Mukherjee, a well-known psychological counsellor, who pointed out how we discount mental health by highlighting our physical health. But mental health is a state of well-being in which an individual realizes his or her own abilities to work productively. Through Piaget’s ‘stages of cognitive development’ and ‘Maslow’s Hierarchy of Needs’ she explained how the child begins to think abstractly about love, friendship, bonding etc. and how different needs feature at different stages of life. Her presentation also included functions of different parts of the brain to control intellectual and emotional intelligence and how these two can be synchronized so that spiritual intelligence can be attained to keep a man happy and contented.





## Session-II

**Topic- Mental health problems of college students-our role**

**Speaker- Mr. MohitRanadip**

Mr. MohitRanadip , the second speaker's speech directly addressed the internal and behavioral problems of students ,their addiction to different types of drug , their susceptibility to unsocial activities, proneness to mobile phone and virtual world etc. He spoke about 'Bio-psycho-social model' and showed how our minds are formed by genetic loading, childhood experience and mind is divided in thought ,perception, emotion, behavior and feeling . He also discussed about mental disorders and different types of phobia like Agora phobia( the phobia of distance from home),social phobia etc.



**DAY2- 14.6.2022**

**TOPIC- COUNSELLING SKILLS, LIFE SKILLS AND WELLBEING**

**First Speaker- Mr. MohitRanadip**

In continuation of his previous day's speech MohitRanadip discussed specifically about different types of anxiety and common mental health problems among students. He divided anxiety into six parts namely- i) generalized anxiety ii) specific phobia iii) Agora Phobia iv) social phobia ( Obsessive Compulsive Disorder, Post traumatic phobia etc.) V) Performance anxiety vi) anxiety after experiencing any disaster, riot, accident etc. Common mental health problems include i) behavioral problem ii) attention deficit disorder iii) conduct problem iv) problem affecting nervous system originating from taking different solvents.

The next part of his speech revolved round the solution of these problems through counselling or 'affective listening'. He discussed the qualities of a good counsellor. He should be reliable, empathetic, approachable and his duty is to develop skills like problem solving skill, awareness skill, which will help the patient for selfassertion. MohitRanadip discussed how the two will interact in a calm and quiet situation, will sit diagonally, maintain eye contact and open gesture and how the counsellor will try to make the patient realize his present situation. He insisted on making a rapport between the two and making the patient empowered and insightful.



**Second Speaker- Dr. Swati Mitra**

The second speaker Dr. Swati Mitra discussed about life skill. Using the 'Jo-Hari Window', she shed light on different parts of our mind – parts which are known to us, unknown to us, known to us but hidden to others and unknown to both us and others. For the management of emotion, she asked for i) biophysiology and ii) behavioral expression. As to how the counsellor will make rapport with the patient, she discussed about four ways- i) cliché ii) factual iii) intellectual iv) emotional bonding.

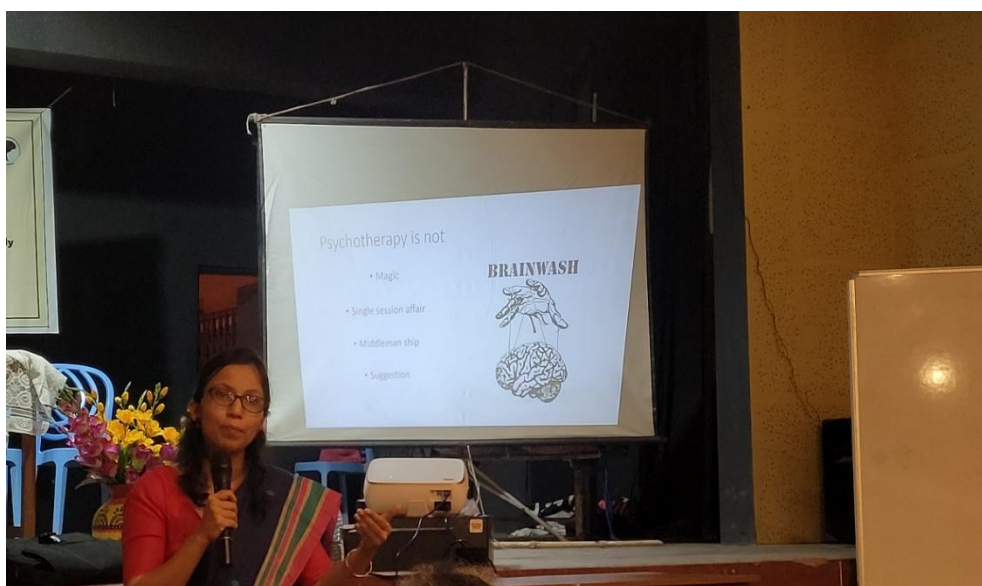
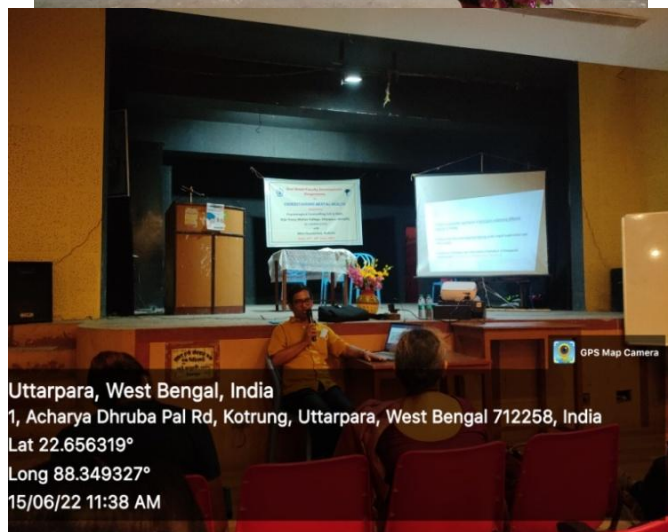


### DAY3- 15.6.2022

#### Session- I (11am- 12.30pm)

#### TOPIC-History of Psychotherapy and different types of Psychotherapy Speakers - Dr. Anupam Das and Dr. Doyel Ghosh

On the third day Dr. Anupam Das and Dr. Doyel Ghosh spoke jointly on different types of psychotherapy, which is distinctly different from counselling with respect to the former's long duration and problem-solving capacities. They both discussed how the human mind is being overwhelmed by the demands of present day world and how people are in need of psychological help from professionals who can cure maladaptive behavior, decrease sense of personal distress, help the client to adapt better to their environment. They showed how the process of psychotherapy had evolved through different philosophical movements. In this regard they traced the origin of psychotherapy with Mesmerism from which came Hypnotism which was mainly applied to cure hysteria. They discussed how Freud departed from earlier psychotherapists by insisting on unconscious mind to diagnose the disease. His method of 'Psychoanalysis' is a path-breaking therapy where the patient is made conscious about the unconscious psychodynamics of mind. The speakers also threw light on i) Humanistic- existential therapy and Logotherapy for overcoming suffering through internal wisdom ii) Client-centered therapy of promoting positivities in the patients iii) Behavior therapy and cognitive behavior therapy of learning from environment iv) Rational Emotive Therapy (RET) v) Mindfulness-based therapy of stress reduction (MBSR). They also discussed about dream and its effects and suggested how the students would chalk out a plan to prioritize their choices to overcome all difficulties.

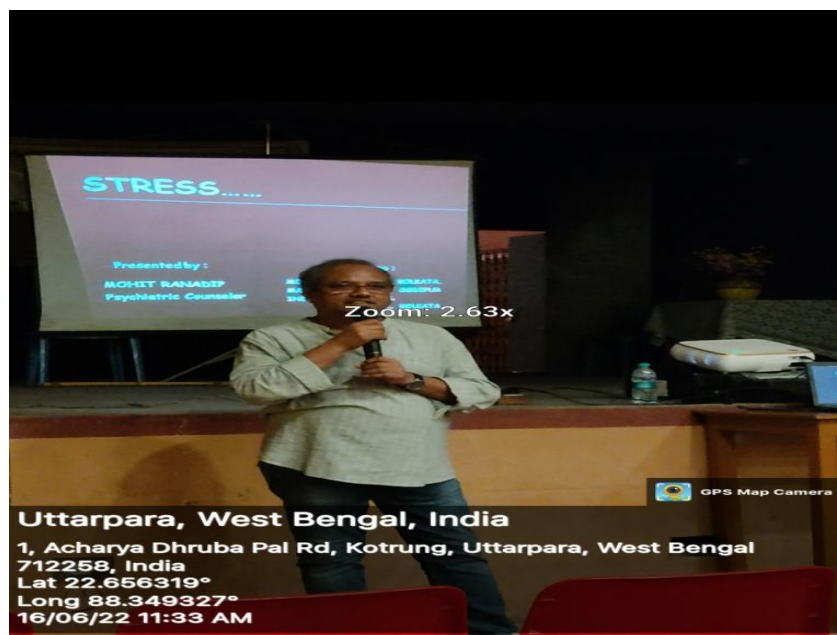


**DAY4- 16.6.2022**

**TOPIC- Stress Management**

**Speaker- Mr. MohitRanadip**

Mr. Mohit Ranadip talked on stress management. According to him, stress is a normal, universal human experience which can be beneficial (eustress) as well as a normal, burdensome (distress) which has both physical as well as emotional effects. Physiological symptoms of stress include palpitation, headache, cold sweating of palms, back pain, nausea, discomfort of stomach, constipation, fatigue, sleep disturbance etc. Behavioural signs of stress include fear of work assignment, working longer hours, losing touch with friends etc. Cognitive behavior includes forgetting, lack of concentration, negativity, anxiety, fear, irritation, frustration etc. Stress can produce health threat (like cardiovascular diseases, premature ageing, obesity) as well as psycho-somatic disorders and psycho-neuroimmunological and mental disfunctions. Stress can be managed by organized lifestyle, intake of nutritional food and water, sufficient sleep, deep breathing exercise, muscle relaxation and by avoiding smoking and alcohol. The speaker also indicated some other strategies to manage stress like prioritizing of tasks, knowing our own strength and weakness, preparation of realistic schedule etc. For the students he discussed some more strategies like performing one thing at a time, breaking a huge task in small pieces, the capability to say 'no' for effective time management. He also taught some physical exercises like deep breathing etc.



**DAY5- 17.6.2022**

**TOPIC- Understanding Gender and Sexuality**

**Speaker- Dr. Ranjita Biswas, Koyel Ghosh, Shreosi Roy**

On the fifth day ‘Sappho for Equality’ changed our ideas about gender and sexuality radically by bursting the myths about these two. This organization acts against categorizing all human beings in a binary way (male and female) and thus discarding all varieties which can be perceived in human beings. They started with some common perception like ‘boys do not cry’, ‘women are weak in mathematics’ and created a situation of dialogue and interaction. Popular advertisements were screened to open up more discourses on gender and sexuality. In the second session, Dr. Ranjita Biswas of Sappho discussed sex holistically throwing light on evolution of the understanding sex through time, institutional understanding of sex and intersex variations. She discussed how with the onset of industrial revolution, the demand for more man power increased and government, state, religion as well as medical science became unanimous about increasing population and began to emphasize on binary divisions. Her lecture followed a deeper understanding of volume and discrimination faced by intersex persons from the medical institutions ranging from ‘corrective surgery’ by doctors on intersex persons to fit them into either male or female boxes. She showed how different forms of sex making were stigmatized from this time to legitimize only peno-vaginal penetration for production. According to Sappho, to approach gender as a spectrum as opposed to binary division will help us to get rid of many misunderstandings. They tried to show why sex is not only a biological but social construct and why gender is not only a social construct.



**DAY6- 18.6.2022**

**TOPIC- Mental illness,family,Neighbourhood**

**Speaker- Prof. Jyoti Das, Dr. Amitabha Sengupta, Dr. Sayanti Ghosh**

The first speaker ,Jyoti Das discussed about the role of family and environment on the growth of a child. He stressed on the birth , growth and creation of feelings and emotions, the sense of attachment in the child and what role his/her parents and family play in this regards.



The next speaker Dr. Amitabha Sengupta described his experience of perceiving different types of mentally imbalanced people who are variously described in our literature as ‘ Pagol, khapa, tar chera’ etc.His discussions threw light on the attitude of village dwellers towards insanity. He discussed with examples how the society creates the paradigm of normalcy and imposed it on others and how these dominating concepts influence mental health. Very interestingly he discussed how people act as insane during communal riots .



The last speaker , Dr. Sayanti Ghosh , a psychiatrist, discussed about the mental illness ,medication and pointed out that how people from rural background strictly abide by their advices while urban people often take the whole things in their own hands.



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**DAY 7 - 20.6.2022**

**TOPIC- Visual art, Music therapy and mindfulness**

**Speaker- Mr. Goutam Chaudhuri, Mr. Nilangshuk Dutta and Dr. Anupam Das**

The first two speakers discussed how art and music therapy have gone a long way to treat mental illness. Nilangshuk discussed how he cured a man who was severely wounded by an accident. The last speaker Dr. Anupam Das discussed about 'Mindfulness' which is a type of philosophy of life that gives emphasis on 'present' by relegating both past and future. It has a deep relationship with Buddhism which talked about eightfold path (Ashtangikmarg), one of which was 'right mindfulness'. This means an introspection into one's own mind to understand whether it is controlled by anger, greed etc. It is to keep in mind that this world is never ending and full of sorrow. Dr. Das said that Buddhist monks who spent most of their life in meditation have been diagnosed 'gamma ray' in their brain which is very rare. He discussed about Dr. Richard Davidson, a pioneer of mindfulness, who showed how interaction with Dalai Lama in 1992 changed the orientation of his life. Mindfulness concentrates on this moment only and thus becomes a way to attain happiness.

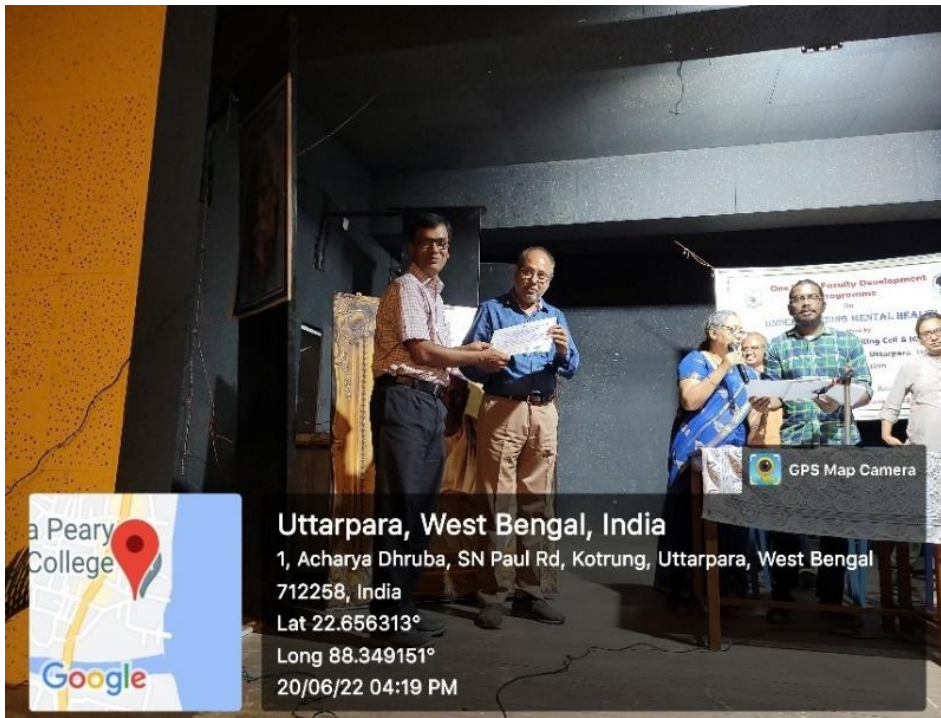




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**Uttarpara, West Bengal, India**

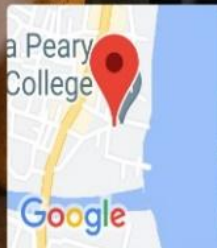
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**Uttarpara, West Bengal, India**

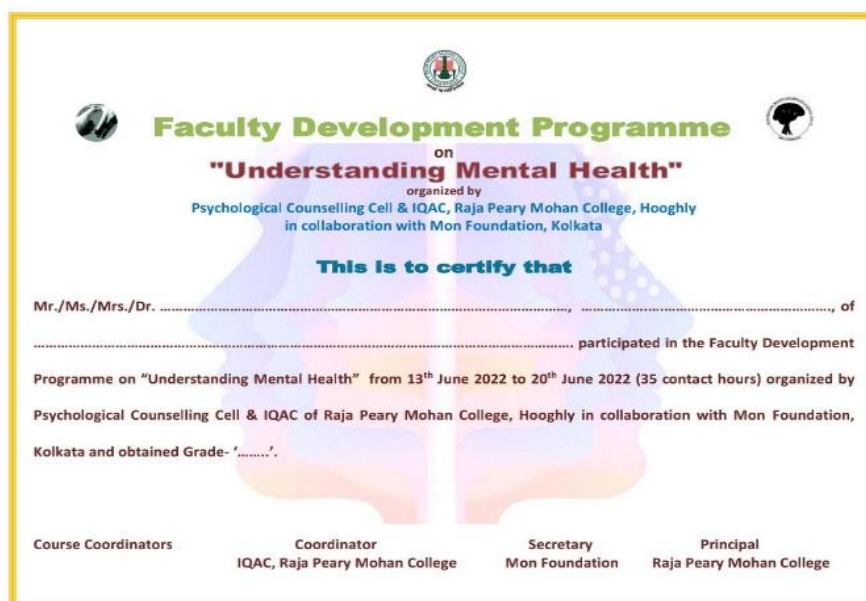
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### **Valedictory session-**

At the end of seven day Faculty Development Programme ,Principal Dr. Sudip kumar Chakraborty conveyed his heartfelt thanks to Mon foundation especially to Mr. Mohit Ranadip , participant faculty members and all the resource persons, who in spite of their busy schedule, came to our college and shared their experience with us and enriched us.Dr. Sanjukta Bhattacharria ,IQAC Coordinator, also expressed her gratitude to all the speakers and participants faculty members to make this programme a grand success.Thankful gratitude was also extended to the secretary ,Mon foundation,Mr. Mohit Ranadip, for his deep involvement and participation from the first day of the planning of this programme . Convenors Dr. Anindita Mandal (Majee) and Prof Jyoti Das acknowledged the role of Principal Dr. Sudip Kumar Chakraborty and IQAC Coordinator for their encouragement for planning of this Faculty Development Programme.They thanked Mr. Mohit Ranadip, for helping them in planning and execution of different parts of this programme. Convenors alsoexpressed gratefulness to the participants faculty members, members of Psychological counselling cell and non-teaching staffs involved in this programme. Principal , IQAC coordinator and secretary, Mon foundation ,distributed certificates to all the participants.

### **ACKNOWLEDGEMENT-**

**We are extremely grateful to Dr. Sarmistha Nath,Associate Professor, Dept of History for helping us in preparing this report. We are also thankful to Prof. Animesh Das,Prof Amrita Sengupta,Prof. Satadru Ghosh, Prof. Arup Malik, Mrs Poly Roy Konar and Puja Shaw for their constant support in each step of this programme.**



**Uttarpara, West Bengal, India**

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### Attendance Sheet

Attendance Sheets:

Faculty Development Program On  
Understanding Mental Health

13.6.22

Date -

S.No.	Name	Institute	Arrival Time	Signature	Departure Time	Signature
✓ 1.	Ashutosh Paul	RPMC	10:45	<i>AP</i>	4:00 pm	<i>AP</i>
2.	Pankaj Kr. Shaw	RPMC	10:55	<i>P.K.S.</i>	4:00 pm	<i>P.K.S.</i>
3.	Monalisha Boina	RPMC	10:55	<i>Boina</i>		
4.	Soumen Banerjee	RPMC	10:55 AM	<i>S.</i>	4:00 P.M.	<i>Soumen Banerjee</i>
5.	Panna Banerjee	RPMC	11:00 AM	<i>(B)</i>	4:00 P.M.	<i>(B)</i>
6.	Sujan Barman	R.P.M.C	11:00	<i>Suj</i>	4:00 P.M.	<i>Suj</i>
7.	Aloke Bhunia	R.P.M.C	11:00	<i>Aloke</i>	4:00	<i>Bhunia</i>
8.	ARVP MALIK	RPMC	11:00	<i>Arvp</i>	4:00	<i>Arvp</i>
9.	Tania Khatun	RPMC	11:00	<i>T.K.</i>	4:00 p.m.	<i>T.K.</i>
10.	Bidisha Mandal	RPMC	11:00	<i>Bm</i>	4:00 pm	<i>Bm</i>
11.	Pranhat Loma	RPMC	11:00	<i>PL</i>	4:00 pm.	<i>PL</i>
12.	Krishnanka Shekhar <i>Gayen</i>	RPMC	11:00	<i>K.S.</i>	4:00 pm	<i>K.S.</i>
13.	Arimesh Mondel.	RPMC	11:00	<i>Arimesh</i>	4:00 PM	<i>Arimesh</i>
14.	Jana Maji	RPMC	11:00	<i>J.M.</i>	4:00 pm	<i>J.M.</i>
15.	ARVP BANIK	RPMC	11:00	<i>Arvp Banik</i>	4:00 p.m.	<i>Arvp Banik</i>
16.	Sanni Mukherjee	RPMC	11:15	<i>S.M.</i>	4:00 pm	<i>S.M.</i>
17.	Debarati Das	RPMC	11:00 am	<i>D.D.</i>	4:00 pm	<i>D.D.</i>
18.	Swagata Pal.	RPMC	11:00	<i>Swagata</i>	4:00 pm	<i>Swagata</i>
19.	Kebanga Mandal	RPMC	11:15	<i>K.M.</i>	4:00 pm	<i>K.M.</i>
✓ 20.	M Bose	RPMC	11:15	M Bose.	Organizing Committee	M Bose
21.	Sandipan Sarkar	RPMC	11:20.	<i>S.S.</i>	4:00 pm	<i>S.S.</i>
✓ 22.	Rajrupa Mitra	RPMC	10:30	R Mitra	4:00 pm	R Mitra <i>Organizing Committee</i>
23.	Monita Mitra.	RPMC	10:30.	M. Mitra	4:00 pm.	M. Mitra

**Attendance Sheet**  
Faculty Development Program On  
**Understanding Mental Health**

Date -

13.6.22

S.No.	Name	Institute	Arrival Time	Signature	Departure Time	Signature
24.	Debasish Nayak	RPMC	11:00 am	D. Nayak	4:00 p.m	D. Nayak
25.	Somnath Mozunder	RPMC	11:00 am	[Signature]	4:00 pm	[Signature]
26	Santanu Rana	RPMC	11:00 AM	Santanu	4:00 PM	Santanu
27	Sonali Dey	RPMC	11:00 AM	Sonali	4:00 P.m	Sonali
28	Malabika Banerjee	RPMC	11:39 am	Malabika	4 PM	Malabika
29	Hirshikesh Ghosh	RPMC	11:32 AM	[Signature]	4 PM	[Signature] Organising Committee
30.	Sannita Maiti	RPMC	10:30 am	[Signature]	4:00 pm	[Signature] Organising Committee
31.	Sukla Kishor Choudhury	RPMC	11 AM	[Signature]		
32	Rudip Kumar Mahapatra	RPMC	11:30	Rudip	4 pm	Rudip
33	Aradhana Choudhury	RPMC	10:05	[Signature]		Organising Committee
34.	Dr. Nabani Basu	PCMM (Pharanta Chandra Mahalanobis Mahavidyalaya)	12:00	N Basu	4 p.m	N Basu
35.	Egoun Ghosh	RPMC	12-15	Egoun	4:00	Egoun
36	ABY SAHA	RPMC	12:30	ABY	4:00 pm	ABY
37	Sukanta Barman	RPMC	11:30 am	[Signature]	4:00 pm	[Signature]
38	Man Bhattacharya	RPMC	10:30 am	[Signature]	4:00 pm	[Signature]
39	Chiranjit Mondal	RPMC	11:00 am	Mondal	4:00 pm	Mondal

Date : 13.6.22

(39) + 13 (OC)  
= 52

**Attendance Sheet**  
Faculty Development Program On  
**Understanding Mental Health**

Date - 14.6.22

S.No.	Name	Institute	Arrival Time	Signature	Departure Time	Signature
1.	Sukanta Barman	RPMC	10:50 am		4:00	
2.	Non Bhattacharyya	RPMC	10:30 am.			
3.	Debarati Das	RPMC	10:40 am	D. Das	4:15 pm	D. Das
4.	Monalisha Biswas	RPMC	10:40 am		4:30 P.M.	
5.	Aloke Bhunia	RPMC	10:45	Bia	4:30 P.M.	Bia
6.	Soumen Banerjee	RPMC	10:40 A.M.		4:20 P.M.	
7.	Debasish Nathkar	RPMC	10:45 am	D. Nathkar	4:00 P.M.	D. Nathkar
8.	Pankaj Kr. Shaw	RPMC	10:45 am		4:31 P.M.	
9.	Ashutosh Pal	RPMC	10:45 AM	Atal	4:30	Atal
10.	Sonali Dapsi	RPMC	10:55 am	Saps.		
11.	Kabonya Mandal	RPMC	11:00	Kudal	4:30	Kudal
12.	Soumi Mukherjee	R.P.M.C	11:15 am	Sm	4:15	Sm
13.	Panna Banerjee	R.P.M.C.	11:00 am	(B)	4:15	(B)
14.	Sukla Ghosh Choudhury	R.P.M.C.	11:15 AM	SSZ	4:20	SSZ
15.	Bidisha Mandal	R.P.M.C	11:20 am	Bz	3:40	Bz
16.	Sayan Barman.	R.P.M.C	11:00 AM	Syjp	4:30	Syjp
17.	Krishnanka Shekhar Gayer	RPMC	11:00 am		4:00	
18.	ARUP BANIK	RPMC	11:00 am	Arup Banik	4:00	Arup Banik
19.	Mounita Mitra	RPMC	11:00 am	M. Mitra	5:00 pm	M. Mitra
20.	Tania Khatun	RPMC	11:00 am	K.	4:00 P.M.	K.
21.	Pravhat Laha	RPMC	11:00 am	PL	4:30 P.M.	PL
22.	Somnath Nazimuddin	RPMC	11:00 am		3:45 pm	
23.	Santann Rana	RPMC	11:00 AM		3:40	Santann Rana







**Attendance Sheet**  
Faculty Development Program On  
**Understanding Mental Health**

Date - 15.6.22

S.No.	Name	Institute	Arrival Time	Signature	Departure Time	Signature
1.	Soumen Barman	RPMC	10:55AM	[Signature]	4:30 PM	[Signature]
2.	Debarati Das	RPMC	10:45am	D. Das	4:10 pm	[Signature]
3.	Monalisha Biswas	RPMC	10:45am	[Signature]	4:30pm	[Signature]
4.	Ulope Bhunia	RPMC	10:50	[Signature]	4:30 PM	[Signature]
5.	Ashutosh Pal	RPMC	10:50	[Signature]	4:30	[Signature]
6.	Krishnakanta Shukla Gagan	RPMC	11:00	[Signature]	4:30 pm	[Signature]
7.	Santam Rana	RPMC	11:00	[Signature]	4:15 pm	[Signature]
8.	Lebonya Mandal	RPMC	11:00	[Signature]	4:10	[Signature]
9.	Animesh Mondal	RPMC	11:10	Animesh	4:20	Animesh Mondal
10.	Panna Barman	RPMC	11:20am	[Signature]	4:00 PM	[Signature]
11.	Sonali Dapsi	RPMC	11:10	[Signature]	4:30 PM	[Signature]
12.	Sujan Barman	RPMC	11:00	[Signature]	4:30	[Signature]
13.	Pravhat Lama	RPMC	11:00	[Signature]	4:00pm	[Signature]
14.	Sandipan Sankar	R.P.M.C	11:00 am	[Signature]	4:30 pm	[Signature]
15.	Sukanta Barman	R.P.M.C	11:00 am	[Signature]	4:15	[Signature]
16.	Pankaj Kumar Saha	R.P.M.C	11:30 am	[Signature]	4:35 pm	[Signature]
17.	Swagata Pal	RPMC	11:40am	[Signature]	4:30 pm	[Signature]
18.	Somnath Mazumder	RPMC	11:20am	[Signature]	4:30 PM	[Signature]
19.	ARUP BANIK	RPMC	11:20am	Arup Banik	4:30 pm	Arup Banik
20.	Chiranjit Mandal	RPMC	12:20pm	[Signature]	4:10 pm	[Signature]
21.	Jaya Maji	RPMC	12:00pm	[Signature]	4:30 pm	[Signature]
22.	Debasish Naskar	RPMC	11:30am	D. Naskar	4:10 PM	[Signature]
23.	Bidisha Mandal	RPMC	11:45am	[Signature]		[Signature]

*[Handwritten mark]*





**Attendance Sheet**  
Faculty Development Program On  
**Understanding Mental Health**

Date - 16.6.22

S.No.	Name	Institute	Arrival Time	Signature	Departure Time	Signature
1	Pankaj Kr. Shaw	RPMC	10:50 am	<i>[Signature]</i>	4:00 pm	<i>[Signature]</i>
2	Aloke Bhunia	RPMC	10:50 AM	<i>[Signature]</i>	4:00 PM	<i>[Signature]</i>
3	Soumen Banerjee	R.P.M.C	10:50 A.M.	<i>[Signature]</i>	4:00 P.M.	<i>[Signature]</i>
4	Younita Jaisra	R.P.M.C	11:00 am.	<i>[Signature]</i>		
5	Animesh Mondal	RPMC	11:07 am	<i>[Signature]</i>	4:00	<i>[Signature]</i>
6	Krishnanka Shekhar Gayer	RPMC	11:00 am	<i>[Signature]</i>		<i>[Signature]</i>
7	Lebonya Mandal	RPMC	11:00 am	<i>[Signature]</i>	Mandal	3:40 pm
8	Monalisa Binnar	RPMC	10:50 am	<i>[Signature]</i>	4 P.M	<i>[Signature]</i>
9	Soumi Mukherjee	RPMC	11:15 am	<i>[Signature]</i>	3:40 pm	<i>[Signature]</i>
10	Parma Banerjee	RPMC	11:15 am	<i>[Signature]</i>	4:00 PM	<i>[Signature]</i>
11	Shraboni Das	RPMC	11:15 am.	<i>[Signature]</i>	04:00 pm	<i>[Signature]</i>
12	Sonali Dapsi	RPMC	11:25 am	<i>[Signature]</i>	4:00 P.M	<i>[Signature]</i>
13	Sukanta Barman	RPMC	11:20 am	<i>[Signature]</i>	4:00	<i>[Signature]</i>
14	Pravhat Lama	RPMC	11:15 am	<i>[Signature]</i>	4:00 pm	<i>[Signature]</i>
15	Sujen Barman	RPMC	11:15 am	<i>[Signature]</i>	4:00	<i>[Signature]</i>
16	ARUP BANIK	RPMC	11:10 am	<i>[Signature]</i>	3:35 pm	<i>[Signature]</i>
17	Tania Khatun	RPMC	11:00	<i>[Signature]</i>	4:00	<i>[Signature]</i>
18	Swagata Pal	RPMC	11:10	<i>[Signature]</i>	3:30	<i>[Signature]</i>
19	Sandipan Sarkar	RPMC	11:00 am	<i>[Signature]</i>	3:30 pm	<i>[Signature]</i>
20	Malalika Banerjee	RPMC	12:00 pm	<i>[Signature]</i>	3:30 pm	<i>[Signature]</i>
21	Pradip Kr Mahapatra	RPMC	11:20	<i>[Signature]</i>	4:00	<i>[Signature]</i>
22	Janya Meji	RPMC	12:10	<i>[Signature]</i>	4:00	<i>[Signature]</i>
23	Santanu Rana	RPMC	11:30 AM	<i>[Signature]</i>		<i>[Signature]</i>

participant OC

16.6.22

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### Attendance Sheet

Faculty Development Program On  
Understanding Mental Health

Date - 17.6.22

S.No.	Name	Institute	Arrival Time	Signature	Departure Time	Signature
1	Sukanta Barman	RPMC	11:00 am		4:20	
2	Debarati Das	RPMC	10:50 am	D. Das	4:00 pm	DDas
3	Sujin Barman	RPMC	10:45 am		4:00 pm	
4	Aloke Bhunia	R.P.M.C	10:45		4:30	
5	Pankaj Kr. Shaw	R.P.M.C	10:55		4:25 pm	
6	Subhaya Mandal	RPMC	<del>10</del> 11 a.m		4:00 pm	
7	Soumen Banerjee	R.P.M.C.	10:55 AM		4:30 PM	
8	अनिमेष मंडल	R.P.M.C	11:07 AM		4:20	
9	Sonali Dapsi	RPMC	11:07 AM			
10	Ashutosh Pal	RPMC	11:00 AM		4:30	
11	Gandhan Sarkar	RPMC	11:00 am		4:30	
12	Santanu Rana	RPMC	11:00 AM		4:00 pm	
13	Krishnanka S. Gayen	RPMC	11:00 AM			
14	Somnath Mazumder	RPMC	11:00 am		4:00 pm	
15	Pravhat Laha	RPMC	11:10 am		4:00 pm	
16	Panna Banerjee	RPMC	11:00 am		5:00 PM	
17	Tania Khatun	RPMC	11:30			
18	Hemanta Janna	R.P.M.C	11:28 am		4:30 pm	H. Janna
19	Swagata Pal	RPMC	11:30		4:30	
20	Shraboni Das	RPMC	11:15		04:50	
21	Jaya Maji	RPMC	11:55 am		4:30 pm	
22	Chiranjit Mandal	RPMC	12:20 pm		3:00 pm	





**Attendance Sheet**  
Faculty Development Program On  
**Understanding Mental Health**

Date - 18.6.22

S.No.	Name	Institute	Arrival Time	Signature	Departure Time	Signature
1.	Debarati Das	RPMC	11:00 am.	D. Das.	3:30 pm	D. Das.
2.	Monalisha Bhowmik	RPMC	11:30 am	M. Bhowmik	3:30 pm	M. Bhowmik
3.	Soumen Banerjee	RPMC	11:30 A.M.	S. Banerjee	3:30 P.M.	S. Banerjee
4.	Debanita Naskar	RPMC	11:00 AM	D. Naskar		
5.	Aloke Bhunia	RPMC	11:00 AM	A. Bhunia	3:30 pm	A. Bhunia
6.	Parna Banerjee	RPMC	11:30 AM	P. Banerjee	3:30 PM	P. Banerjee
7.	Jaya Moji	RPMC	12:00	J. Moji	3:30 pm	J. Moji
8.	Swagata Pal	RPMC	11:30 am	S. Pal	3:30 pm	S. Pal
9.	Lebonya Mandal	RPMC	12:20	L. Mandal	3:30 pm	L. Mandal
10.	Shrabon Das	RPMC	11:15	S. Das	03:30 pm	S. Das
11.	Chiranjit Mondal	RPMC	12-10 pm	C. Mondal	?	
12.	Sukanta Basman	RPMC	12:10 pm	S. Basman	3:30 pm	S. Basman
13.	Polydip (Koner)	R.PMC	12:15 P.M.	P. Koner	3:30 P.M.	P. Koner
14.	Ashutosh Pal	RPMC	12:00	A. Pal	3:30	A. Pal
15.	Pankaj K. Shaw	RPMC	12:00	P. Shaw	3:30 pm	P. Shaw
16.	Pradipkr Mahapatra	RPMC	12:00	P. Mahapatra	3:30 pm	P. Mahapatra
17.	Pravhat Laha	RPMC	12:00	P. Laha	3:30	P. Laha
18.	Abhijit Saha	RPMC	12:00	A. Saha	3:30 pm	A. Saha
19.	Malalika Banerjee	RPMC	12:00	M. Banerjee	3:30 PM	M. Banerjee
20.	Sujata Basman	R.P.M.C	11:15	S. Basman	3:30 pm	S. Basman
21.	Younita Jyoti	RPMC	11:50	Y. Jyoti	3:30 pm	Y. Jyoti
22.	Krishanka Shekhar Ganguly	RPMC	11:50	K. Shekhar	3:30 pm	K. Shekhar
23.	Sandipan Sarkar	RPMC	11:50	S. Sarkar	3:30 pm	S. Sarkar





**Attendance Sheet**  
Faculty Development Program On  
**Understanding Mental Health**

Date - 20.6.22

S.No.	Name	Institute	Arrival Time	Signature	Departure Time	Signature
1	Malabika Banerjee	RPMC	10:30	<i>Malabika</i>	4:30 PM	<i>Malabika</i>
2	Pankaj Kr. Shaw	RPMC	10:50	<i>Pankaj</i>	4:25 pm	<i>Pankaj</i>
3	Soumen Banerjee	R.P.M.C	10:50 AM	<i>Soumen</i>	4:30 P.M.	<i>Soumen</i>
4	Monalisha Biswas	RPMC	10:50am	<i>Monalisha</i>	4:30 pm	<i>Monalisha</i>
5	Labanya Mandal	RPMC	11:00	<i>Labanya</i>	4:00	<i>Labanya</i>
6	Sujan Barman	RPMC	11:00am	<i>Sujan</i>	4:30	<i>Sujan</i>
7	Swagata Pal	RPMC	11:15 am	<i>Swagata</i>	4:30	<i>Swagata</i>
8	Krishnanka Shekhar Ganguly	RPMC	11:00 am	<i>Krishnanka</i>		<i>Krishnanka</i>
9	Sandipan Sarkar	RPMC	11:15 am	<i>Sandipan</i>	4:20 pm	<i>Sandipan</i>
10	Saumi Mukherjee	RPMC	11:15 am	<i>Saumi</i>	4:10 pm	<i>Saumi</i>
11	Parna Banerjee	RPMC	11:15 am	<i>Parna</i>	4:00 PM	<i>Parna</i>
12	Susmita Mishra Chaudhary	"	11-10 am	<i>Susmita</i>	4:30 P.M.	<i>Susmita</i>
13	Rajrupa Mitra	"	11:20	<i>Rajrupa</i>		
14	Hirshikesh Prasad	"	11:20	<i>Hirshikesh</i>		
15	Ashutosh Pal	RPMC	11:00	<i>Ashutosh</i>	4:00	<i>Ashutosh</i>
16	Animesh Mondal	RPMC	11:35	<i>Animesh</i>	4:00	<i>Animesh</i>
17	Sozali Dey	RPMC	11:35	<i>Sozali</i>		
18	Pravhat Lama	RPMC	11:35	<i>Pravhat</i>	4:00 pm	<i>Pravhat</i>
19	Jaya Maji	RPMC	11:30	<i>Jaya</i>	4:00	<i>Jaya</i>
20	Shrabani Das	RPMC	11:30	<i>Shrabani</i>		
21	Sukanta Barman	RPMC	11:40	<i>Sukanta</i>	4:20 PM	<i>Sukanta</i>
22	Aloke Bhunia	RPMC	11:50	<i>Aloke</i>		<i>Aloke</i>
23	Debasish Nayak	RPMC	11:15 am	<i>Debasish</i>	4:00 pm	<i>Debasish</i>





